

32 Parts of the Body in 16 Languages

Dvattimsakāro

(၃၂) ဧကဝဋ္ဌက
ထထေ ထောဝဇိ ထိဇိဇေသ
ກາຍະ ၅၆ ສ່ວນ
စာဂါၣ် 32

शरीर का ३२ कोटा हिस्सा
शरीर के ३२ कोट्यांश
শরীরে ৩২ প্রকার অঙ্গ
ਸਰੀਰ: ੩੨ ਹਿੱਸੇ

몸의 32 부분
32 身分
(さんじゅうにしんぶん)
32 thể phần

Les 32 parties du corps
32 Bahagian Tubuh
32 Body-parts
32 Körperteile

Myanmar

Sinhalese

Thai

Laos

Cambodian

Hindi

Nepali

Bengali

Korean

Chinese

Japanese

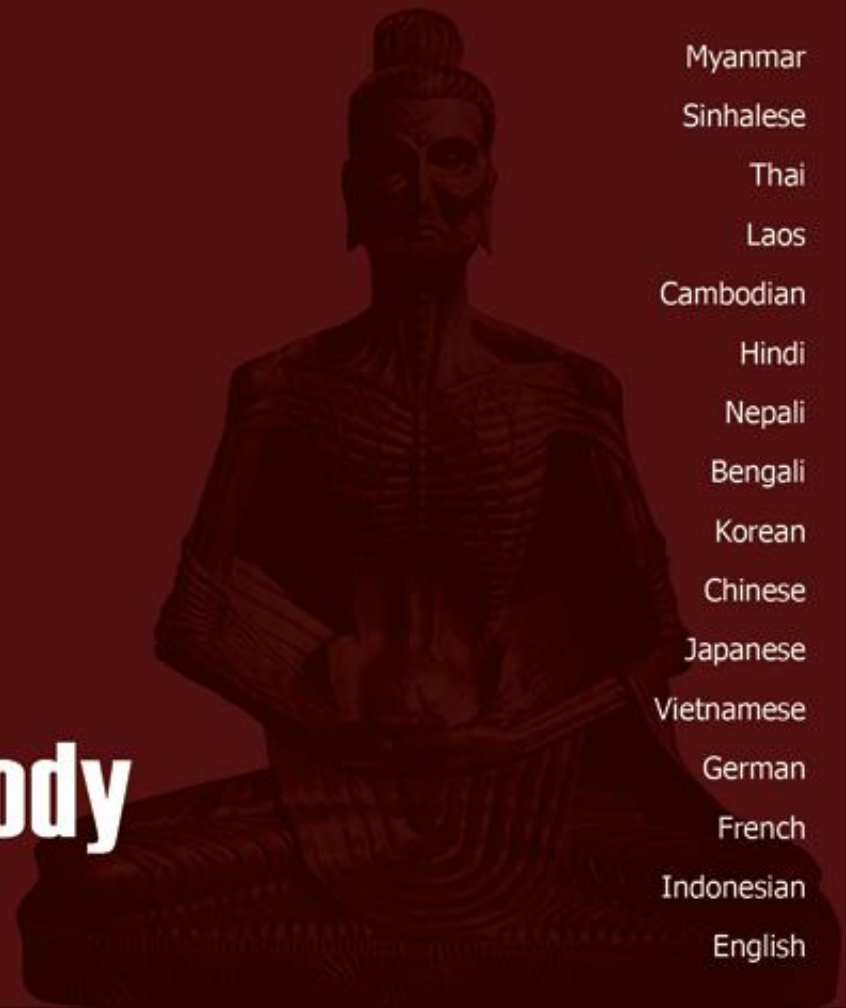
Vietnamese

German

French

Indonesian

English



Publishing Information

This illustrated booklet has been prepared with the intention of helping Buddhist meditators in their practice of meditation.

The pictures, diagrams, terminology and other relevant data were, for the most part, compiled and edited by meditation teachers, bhikkhus, nuns, and lay meditators of various nationalities practicing at the Pa-Auk Meditation Centre (Main) of Myanmar.

Also, Venerable Ananda and Dr. Panth of India, and Venerable Khambay Saysongkham of Laos contributed in the list of translation.

The graphic designs were accomplished by U Hpone Kywe (Edward) and family. They contributed their time and expertise in the design and production of the booklet.

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Contemplation on the 32 Parts of the Body (Dvattimsakaro)

*Contemplate & visualize their
foulness and repulsiveness nature,
in groups, forward and in reverse
order.*

Kesā

ဆံပင်

කෙස්

ମସ / ଝିମ

“လက်” ရံသံဃာယ

केश

कपाल

କେଶ

머리털

髪 (かみ)

Tóc

Kopfhaare

Cheveux

Rambut

Head-hairs



Lomā

မွေးညှင်း

ලොම්

ਅਨ / ੋੰ

ဏာမ ဓံင်ဏံဃ

ਲੋਮ

रें

লোম

몸털

毛 (け)

Lông

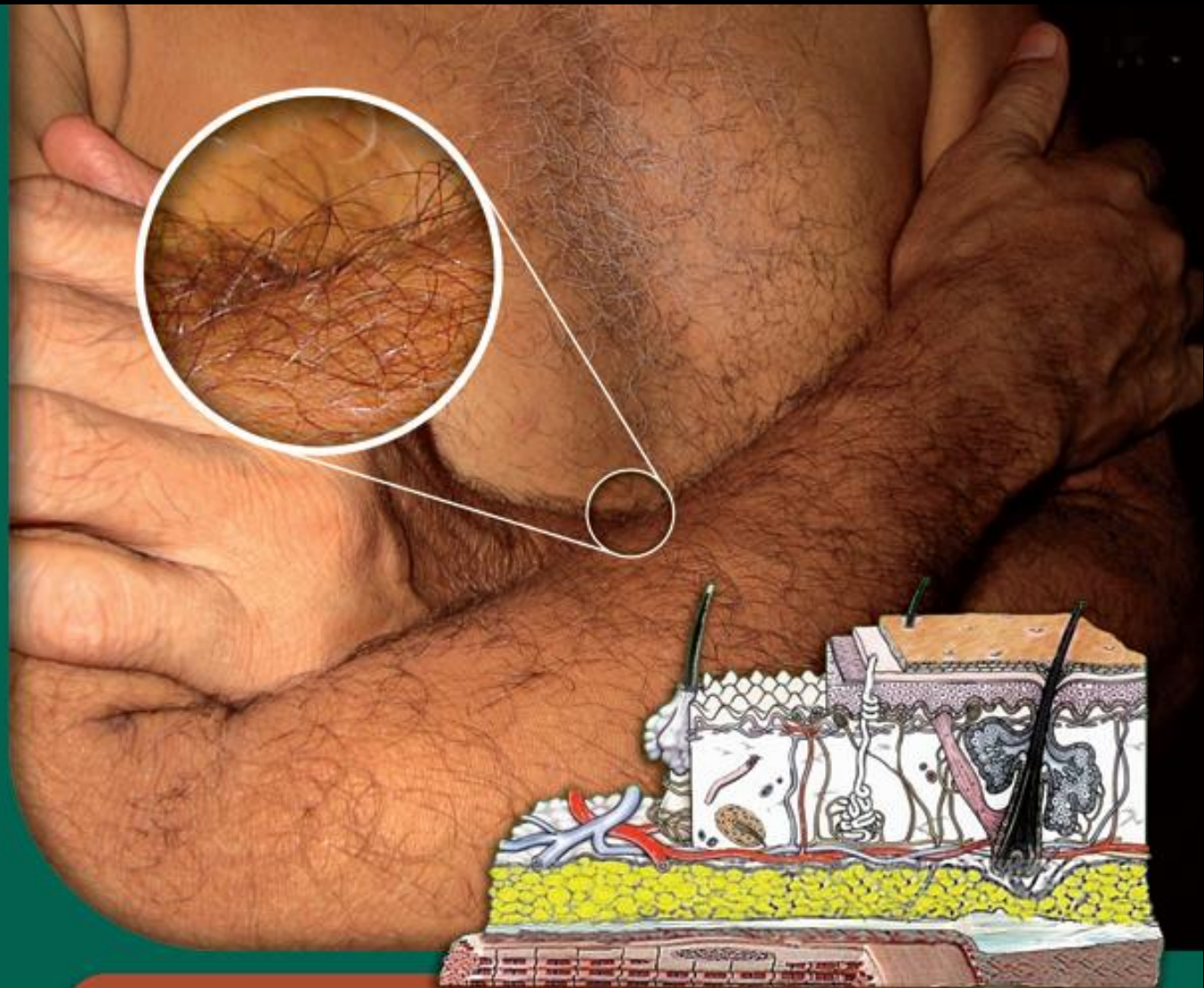
Körperhaare

Poils

Bulu

Body-hairs

2/32



Lomā grow in most of the rest of the inner skin that envelops the body, except for the locations where the head hairs are ... and for the palms of the hands and soles of the feet.

Visuddhimagga

Nakhā

လက်သည်းခြေသည်း

கிடை

လိပ် / လိပ်

ကုဗက

नाखून

नङ्ग

நங்

손톱

爪 (つめ)

Móng

Nägel

Ongles

Kuku

Nails



Dantā

သွား

ငြိတ်

ฟัน / แฉ่

သွား ဓံင်စံင်

दाँत

दाँत

दन्त

이빨

齿 / 齒 (は)

Răng

Zähne

Dents

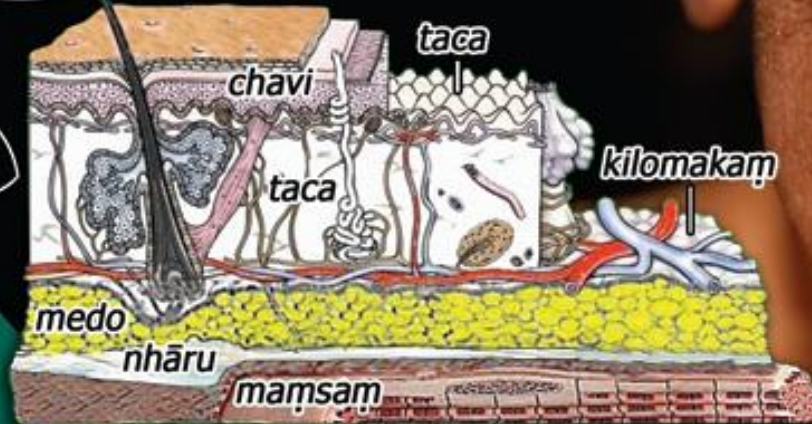
Gigi

Teeth



Taco

အရေ
සම්මိ
หนัง / ໜັງ
ໂສມ
चमड़ी/त्वचा
छाला
ਤੁਕ
살갗
皮 (かわ)
Da
Haut
Peau
Kulit
Skin



Taca, the inner skin (dermis) envelops the whole body. Outside it is what is called the outer cuticle (chavi), which is black, brown or yellow in color. Taca itself is white... Delimited above by space... . [*Visuddhimagga*](#)

Mam̐sam̐

အသား

මස්

เนื้อ / ຊີ້ນ

मांस

मांस

मासु

मांस

살

肉 (にく)

Thịt

Fleisch

Chair

Daging

Flesh

6/32



There are nine hundred pieces of flesh.

Visuddhimagga

Nhāru/Nahārū

အကြော

ଅନ୍ତର(කණ්ඩරා)

เส้นเอ็น / เส้นเอ็น

ஸர்ஸை சாங்ஙாய்

नसे/स्नायु

नसा

স্নায়ু

힘줄

筋 (すじ)

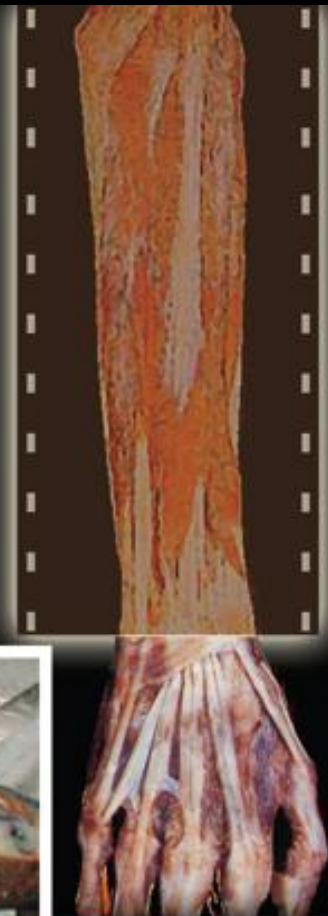
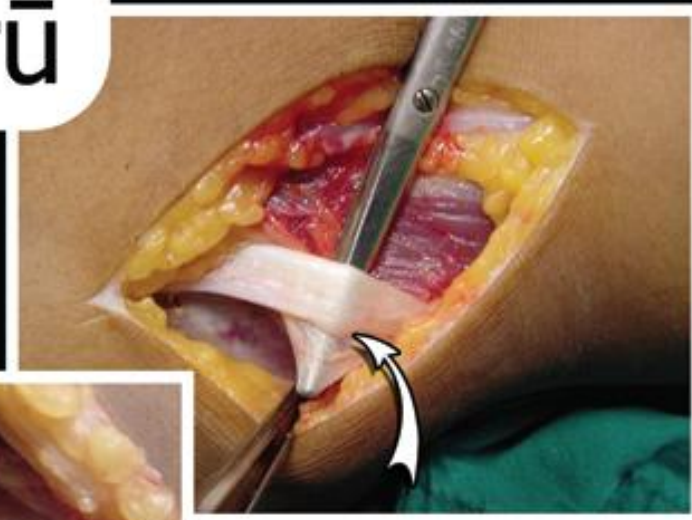
Gân

Sehnen

Tendons

Urat (urat daging)

Sinews



Color : white. Total: 900 sinews...60 great sinews are called "body supporters".
Location : 1) Binding the bones of the whole body together. (*tendon, ligament*)
2) Bounded above by the portions that are in contact with the flesh and the inner skin. (*muscle fascia*)

Atthi

အရိုး

අපට

กระดูก / ກະດູກ

ឆ្អឹង ទាំងឆាយ

हड्डी

हड्डी

অস্তি

骨

骨 (ほね)

Xương

Knochen

Os

Tulang

Bones



Aṭṭhi-miñjā

ရိုးတွင်းခြင်ဆီ

අට්ඨිදුලු

เยื่อในกระดูก /

เยื่อในกระดูก

ឧរក្ខត្តិ

हड्डीमज्जा

हड्डी भीत्रको मासु

अस्तिमज्जा

골수

骨髓 (こつずい)

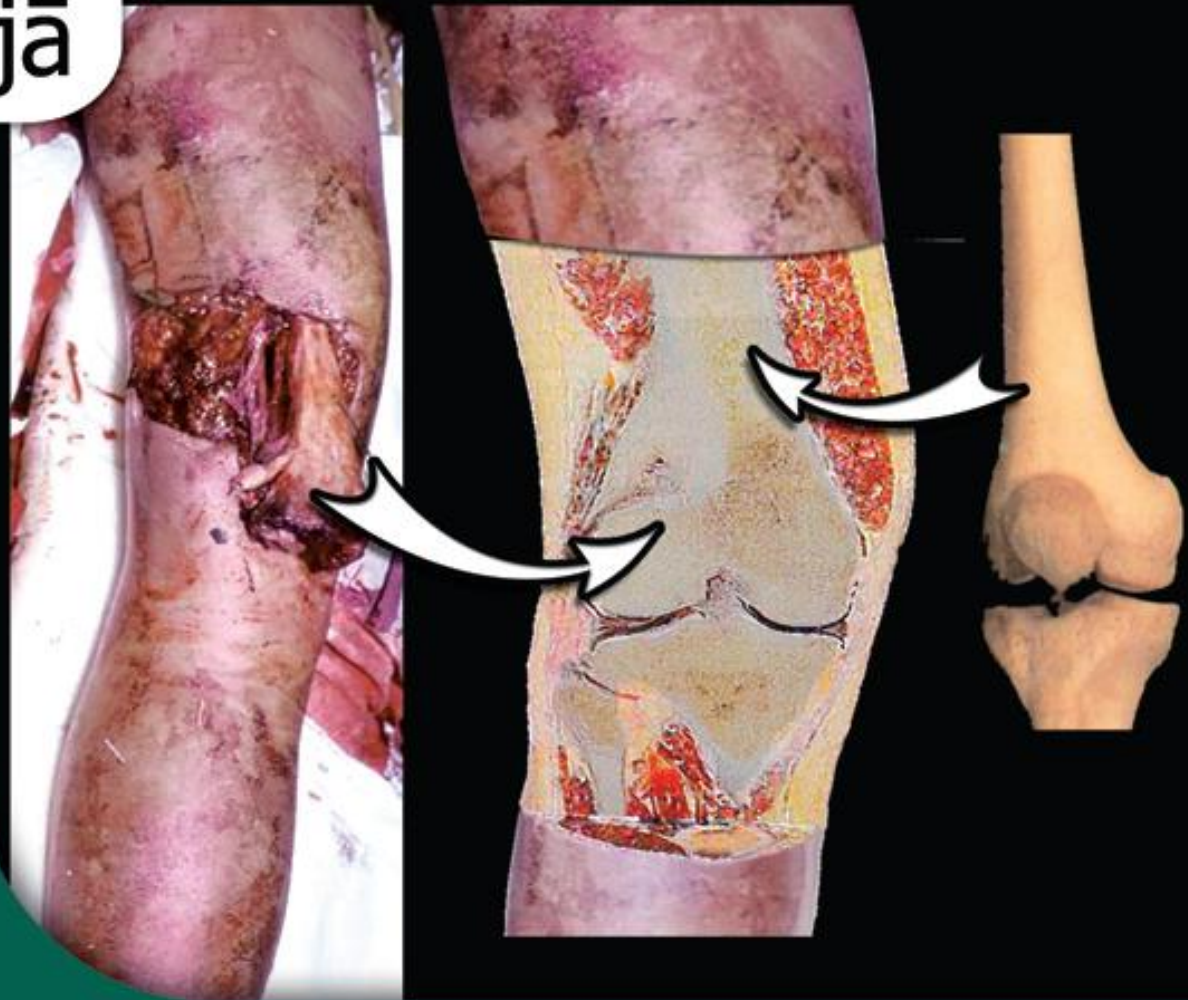
Xương Tủy

Knochenmark

Moelle

Sumsum Tulang

9/32 Bone Marrow



Vakkam

အညို
ဝါဆူထည့်
ໄຕ/ຫມາກໄຂ່ຫລັງ

शत

गुर्दा/वृक्क

मृगौला

वृक्क

콩팥

肾/腎臟(じんぞう)

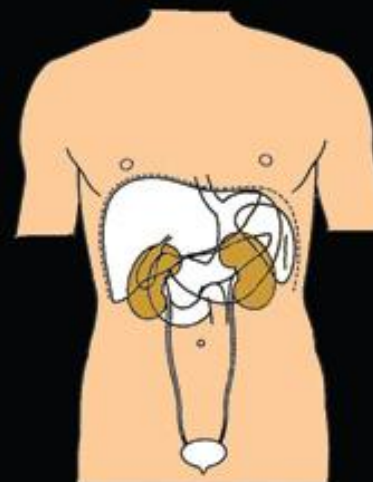
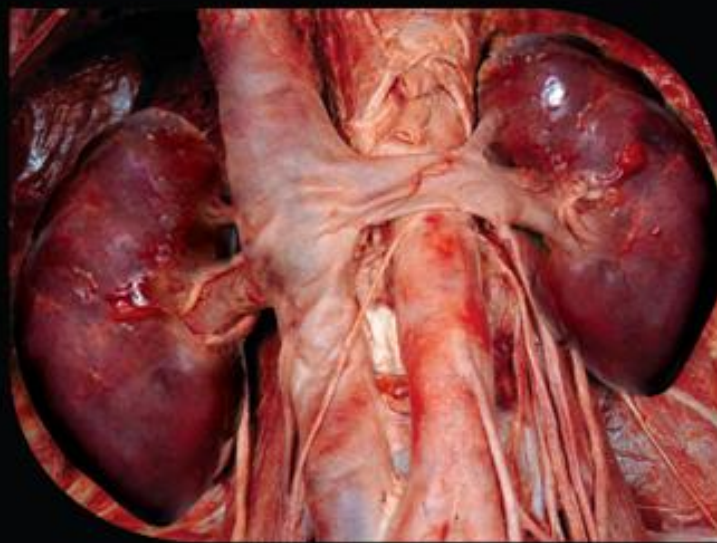
Thận

Nieren

Reins

Ginjal

Kidney



Hadayaṃ

နလုံး

ဗဒုဝိဘ

หัวใจ/ຫມາກຫົວໃຈ

ဗေဒုဗ

हृदय

हृदय / मुटु

शुदय

심장

心臟 (しんぞう)

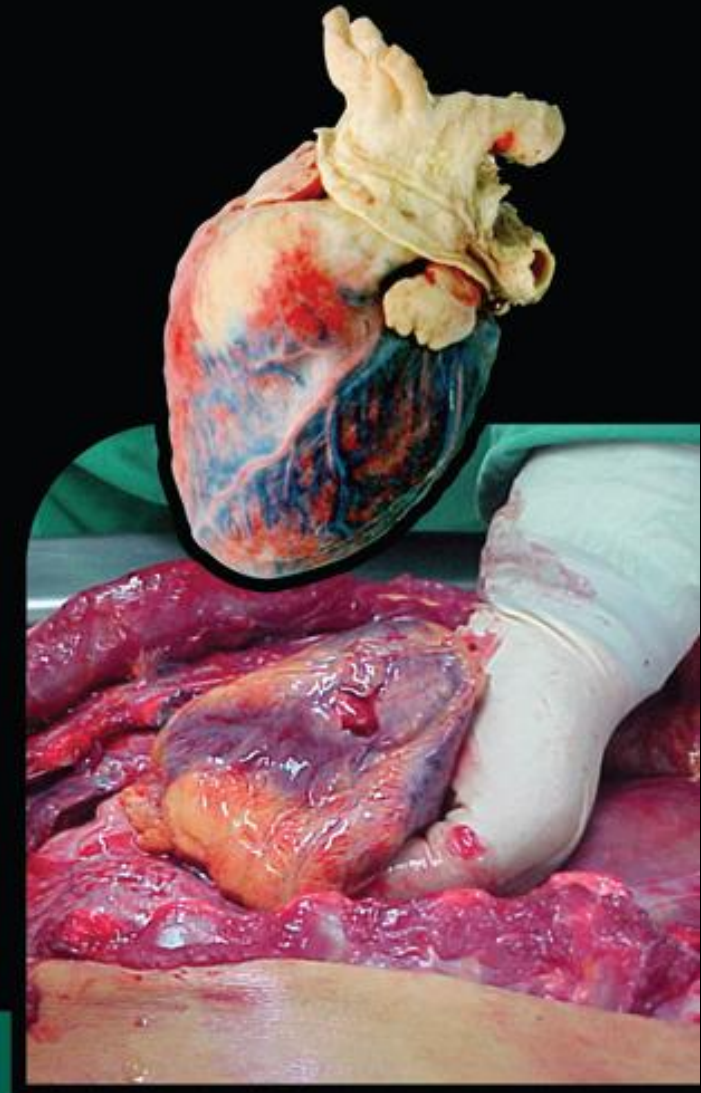
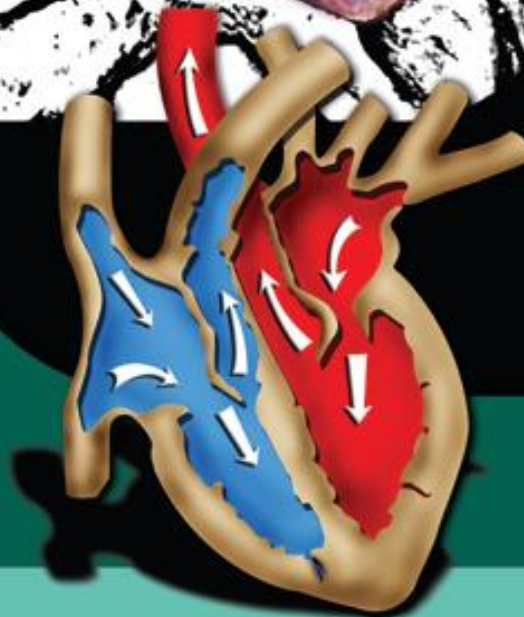
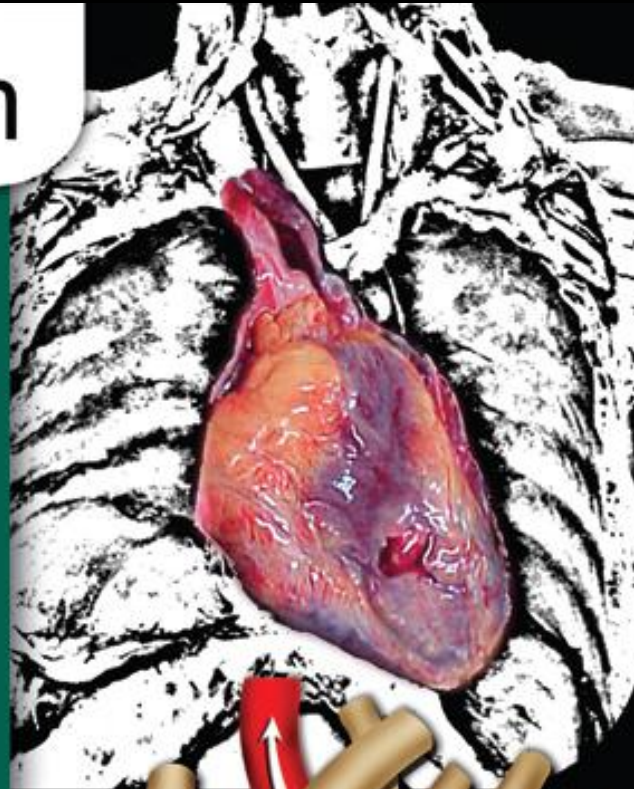
Tim

Herz

Cœur

Jantung

Heart



Yakanam

အသည်း

අක්මාව

ตับ / ตับ

ថ្លើម

यकृत/कलेजा

कलेजो

যকৃৎ

간

肝臟 (かんぞう)

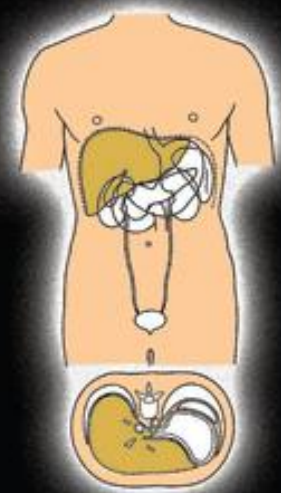
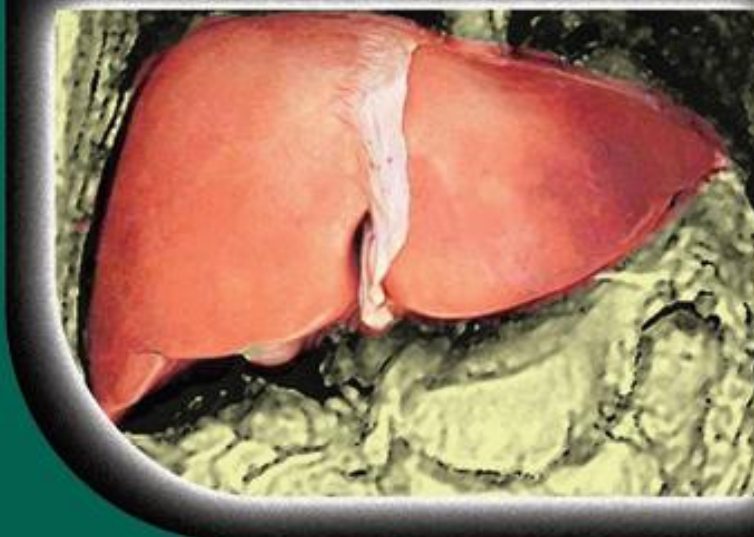
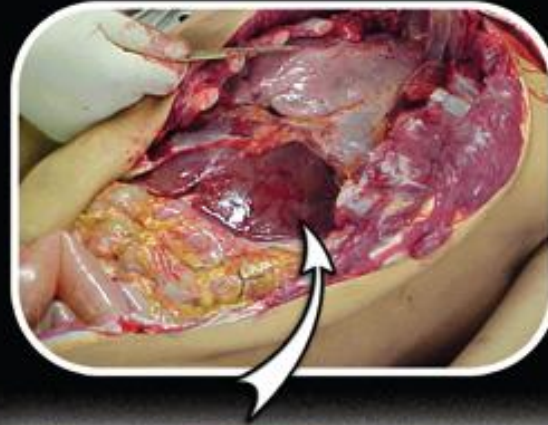
Gan

Leber

Foie

Hati

Liver



Kilomakaṃ

အမြှေး
உறவி

พังพืด / ขั้วซี่ง

ମଠ

(क्लोमक)

त्वचा और मांस के बिच काअंश
छाला र मासु के बीच भाग

கோமா

근막

膜 (まく)

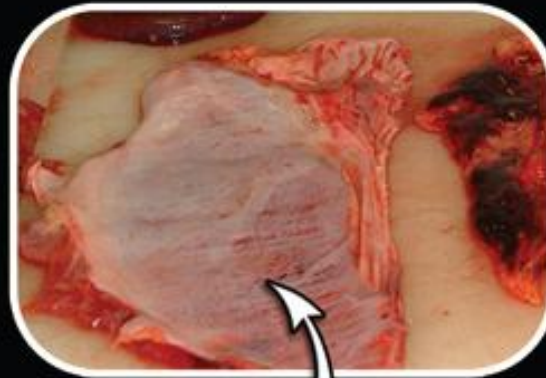
Màng (ruột)

Zwerchfell

Membrane

Selaput/membran

Membrane



paṭicchanna



apaṭicchanna



kilomakaṃ

Kilomakaṃ: The covering of the flesh, which is of two kinds:

- 1) The concealed (*paṭicchanna*) : concealing the heart (pericardium) and kidney.
- 2) The unconcealed (*apaṭicchanna*) : covering the flesh under the inner skin (*camma*) throughout the whole body. Color : Both kinds are white.

Visuddhimagga

Pihakam

အဖျဉ်း
ခင်ဗိုလ်

မံာံ / မံာံ

ကြုတ်
प्लीहा/तिल्लि
फियो

स्नीश

비장

脾臟 (ひぞう)

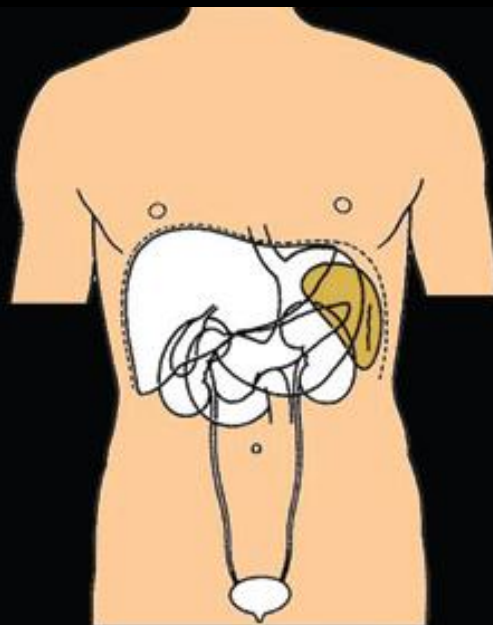
Lá lách [tí]

Milz

Rate

Limpa

Spleen



Papphāsaṃ

အဆုတ်

පෙනහළු

ປອດ / ປອດ

လູກ

फेफड़ा

फोकसो

ফুফুস্

허파

肺 (はい)

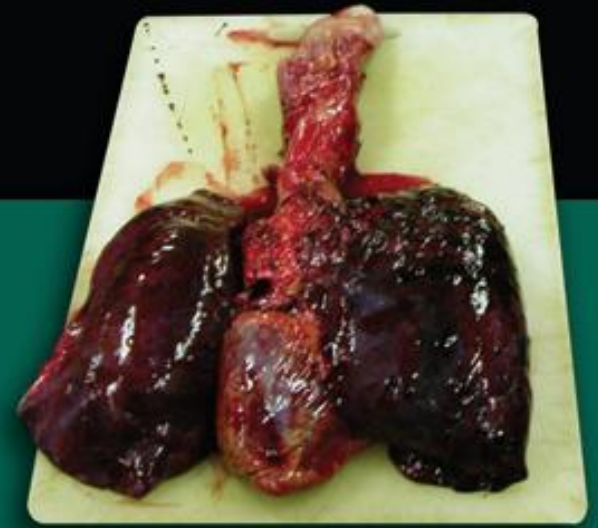
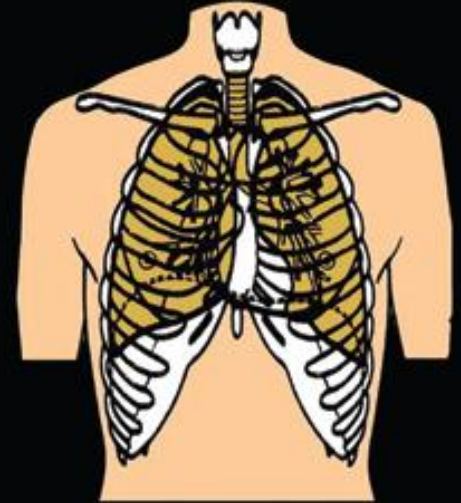
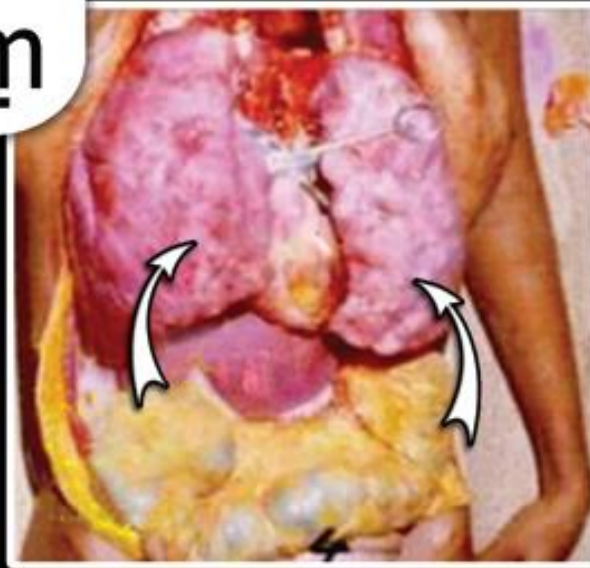
Phôi

Lunge

Poumons

Paru2

Lungs



Antam

အူ
මුළු ආහාර මාර්ගය

ลำไส้ / ไส้ใหญ่

ពោះវៀនធំ

आँत

துலு ஆண்டு

অন্ত্র

장

肠/腸 (ちょう)

Ruột

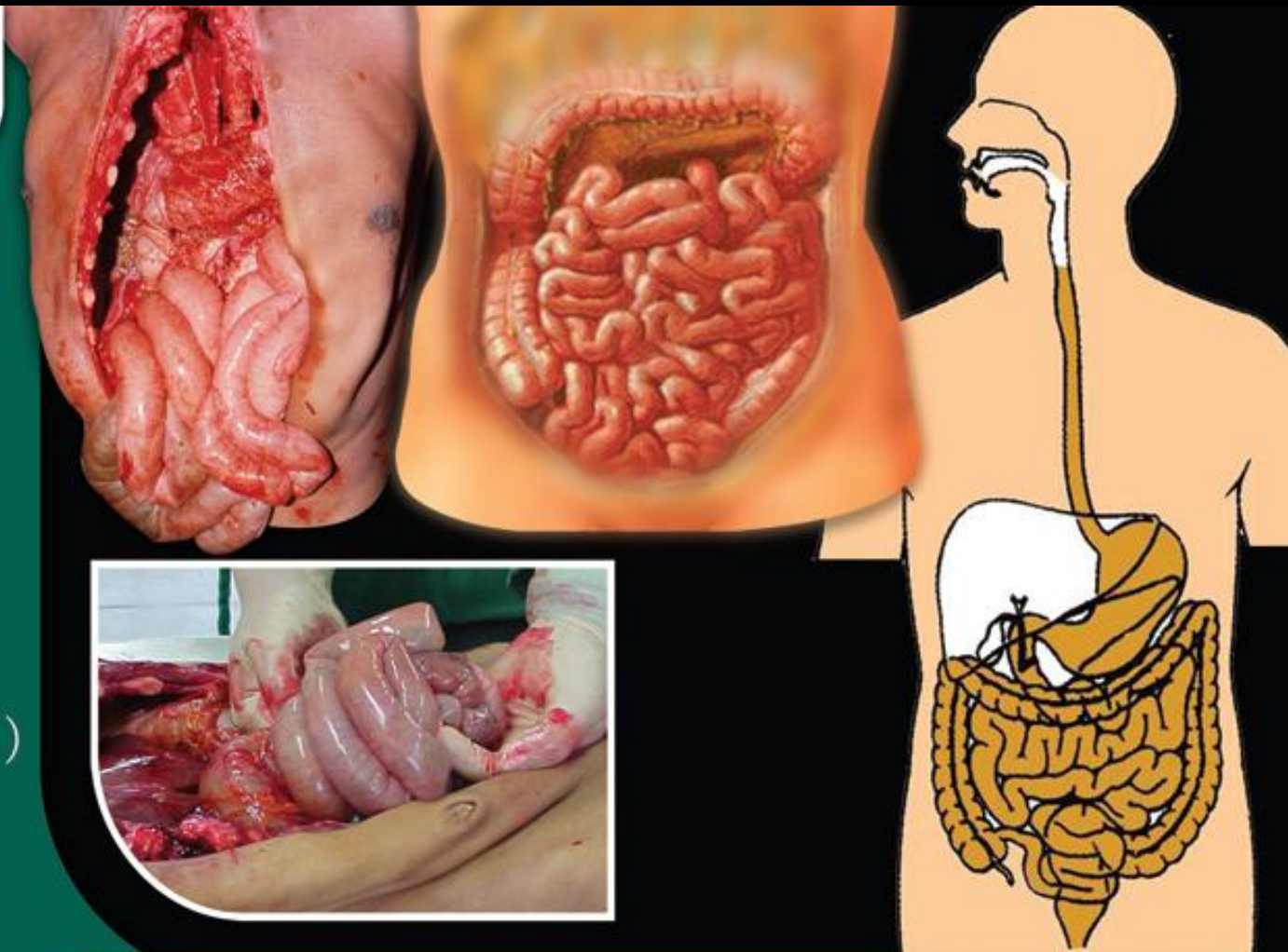
Gedärm

Intestins

Usus

Digestive tract

16/32



Antam is looped in 21 places of the digestive tract, အူလမ်းကြောင်း: ช่องทางเดินของอาหาร, រាងដោយមួយອາຫານ, ពោះ វិញ អាហារ, 소화관, 消化管しょうかかん, Bộ tiêu hóa, Verdauungs trakt, tube digestif, Salur pencernaan.

Above : : Fastened at the base of the throat (*galavāṭake*) (esophagus).

Below : : The excrement passage (rectum).

Visuddhimagga

Antagunam

အူသိမ်

අතුනු ඛහන්

สายรัดไส้/ ไส้ม้อย

ਠਾ:ਰੇੜਠਠ

आन्तोपेशी/आँतो-पेशी

सानो आन्द्रो

অন্ত্রাণ

장간막

腸間膜 (ちょうかんまく)

Cơ thành ruột

Darmgekröse

Mésentère

Selaput-Diantara-Usus

Mesentery



Antagunam

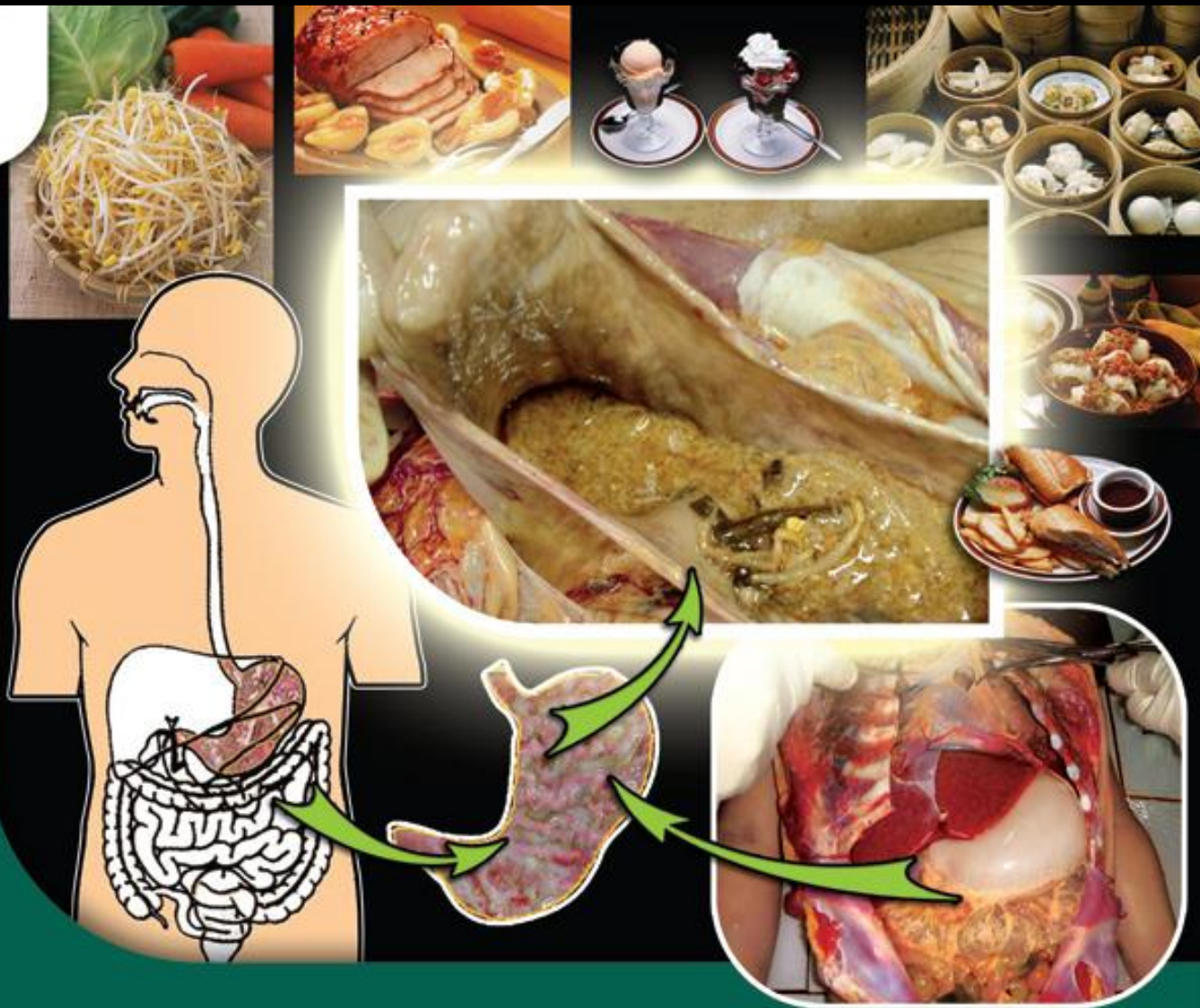
Antagunam is the fastening in the places where the bowel is coiled. It is be found inside the 21 coils of the bowel (အူလည်ကြိုး) (Mesentery: a double-layer membrane between the loops of intestines အကြားအမြှေးပါး, พังผืดยึดขวางไส้, สามสิบกับ, ກູສ ຫຼေးເຕະເຮືອ

Udariyaṃ

အစာသစ်
කොප්පෙනු ආකාර
อาหารใหม่ / ฐุขะอาม
អា ហាថ្មី
उदरस्त वस्तुये
ਲਾਦੀ
উদরস্ত বস্তু
위장안 음식
胃中物 (いぢゅうぶつ)
Vật trong bao tử
Mageninhalt
Contenu d'estomac
Makanan Baru

Gorge

18/32



Udariyaṃ: This is what has been eaten, drunk, chewed and tasted, and is present in the stomach.

[Visuddhimagga](#)

Karīsamḥ

အစာဟောင်း

මම, අඳුණි

อาหารเก่า / 糞

អាហារចាស់

पाखाना/गुँह

मल

बिच्छे

똥

糞/大便 (だいべん)

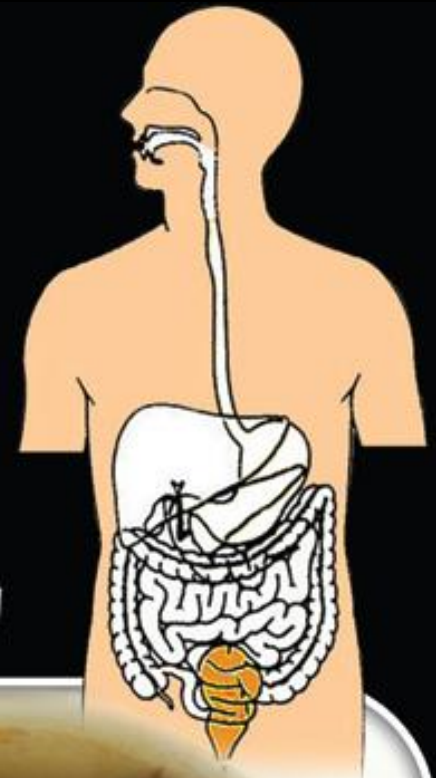
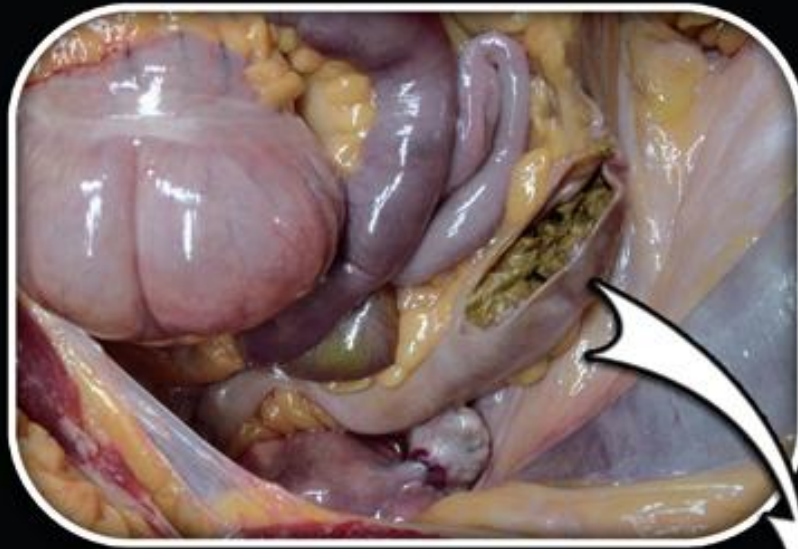
Phân/ cút

Kot

Excréments

Tinja

Faeces



Matthaluṅgaṃ

ဦးနှောက်

මොළය

ສມອນກິရိຍະ / ສະຫມອງ

ខ្សែក្បាល

दिमाग/मस्तिस्कपिण्ड

दीमाक / गिदी

মস্তিষ্ক-পিণ্ড

𑄎

脳/腦 (のう)

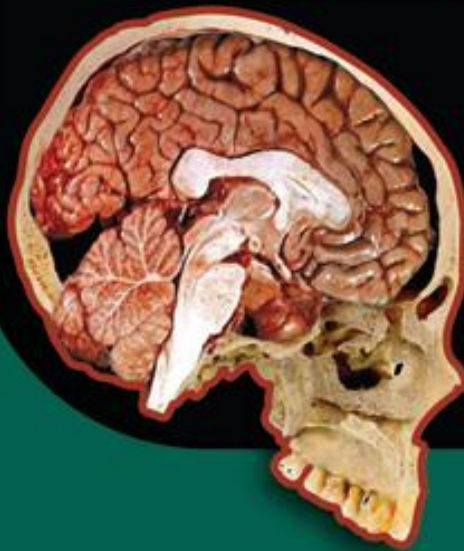
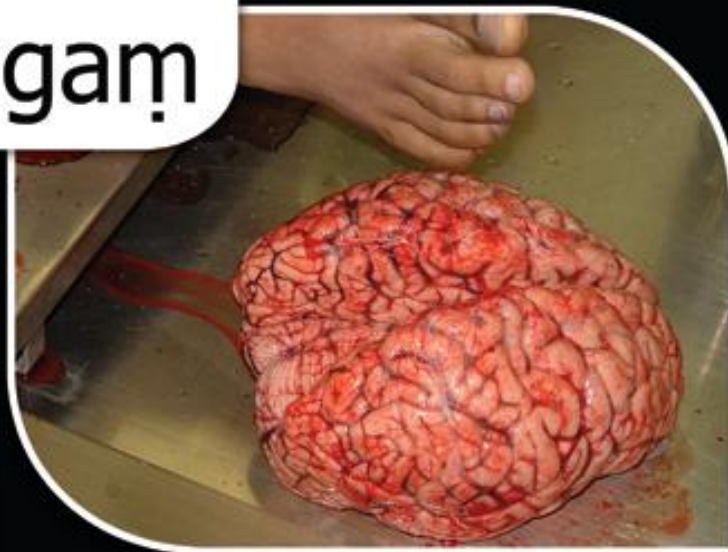
Bộ não / óc

Gehirn

Cerveau

Otak

Brain



Pittam

သည်းခြေ

ဗီဇ

น้ำดี / นํ้าขี้

ပုဗ္ဗဏ္ဍ

पित्त

पित्त

பித்த

담즙

胆汁 (たんじゅう)

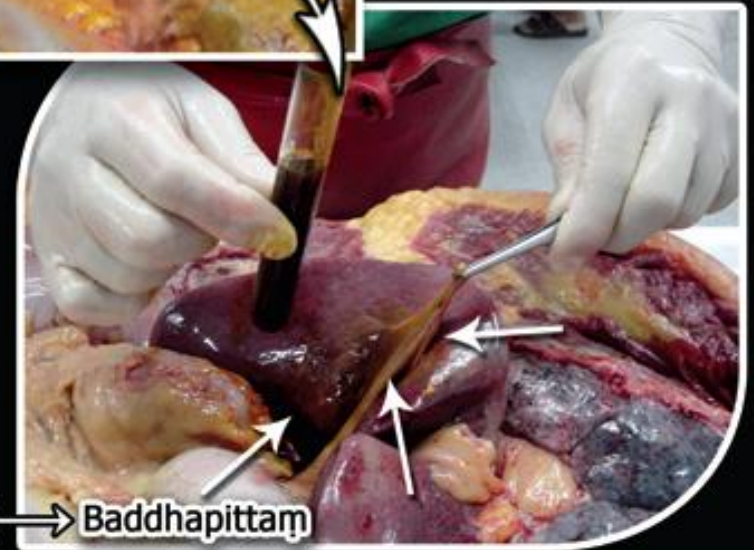
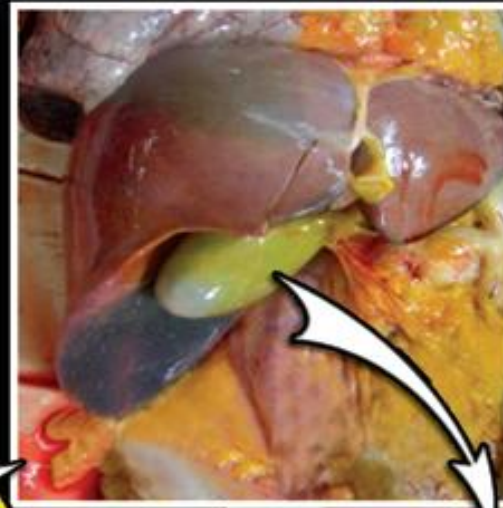
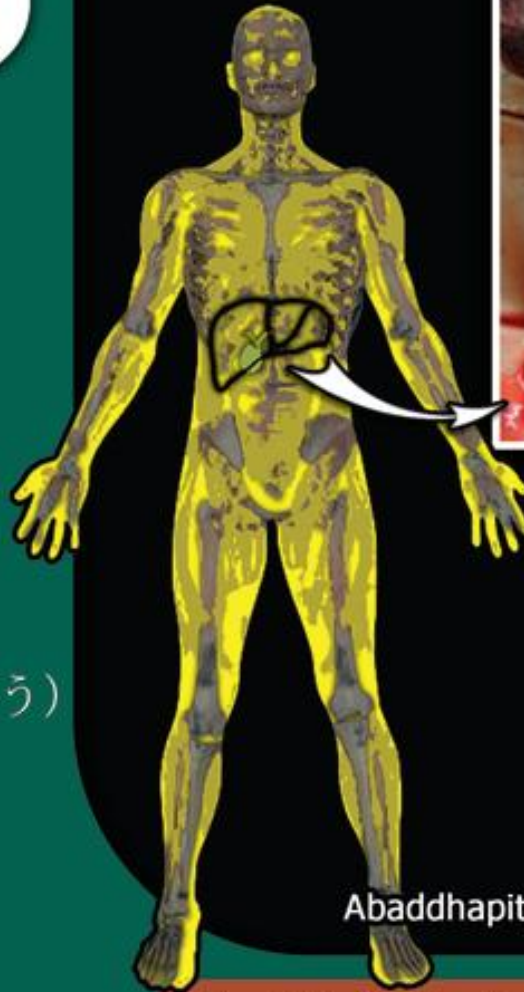
Mật

Galle

Bile

Empedu

Bile



Abaddhapittam

Baddhapittam

- 1) Local bile (*baddhapittam*) : To be found in the bile container (gallbladder).
- 2) Free bile (*abaddhapittam*) : It (*Bilirubin pigment*) spreads, like a drop of oil on water, all over the body except for the fleshless parts of the head hairs, body hairs, teeth, nails and the hard dry skin (*Bilirubin pigment*).

Visuddhimagga

Semham

သလိပ်

ဇေဓိ

น้ำเสลด / ຂີ້ກະເစີ

សេស្ម

श्लेष्मा/कफ

खकार

শ্লেষ্মা

가래

痰 (たん)

Đàm

Schleim

Flegme

Dahak

Phlegm



Semham is to be found on the stomach's surface and measures a bowlful....when food, drink, etc., fall into the stomach, the phlegm divides and then spreads together again.

Visuddhimagga

(Medical term: အစာခြေရည်, น้ำย่อย, ນ້ຳຍ່ອຍອາຫານ, ໂຮມລ ກູດ, 위액, 胃液を指すこともある, dịch vị, magen säure, fluide gastrique, getah lambung, gastric juice.)

Pubbo

ပြည်

ဓာတ်စိ

น้ำหนอง/ น้ำขมออก

ຂຸ້

पीप

पिब

પૃચ

고름

脓/膿 (うみ)

Mủ

Eiter

Pus

Nanah

Pus



Lohitam

သွေး

ରୂଦିରଣ, ରୈ
น้ำเลือด / เลือด

रक्त

रक्त/खून

रगत

লোহিত/রক্ত

ឧ

血 (ち)

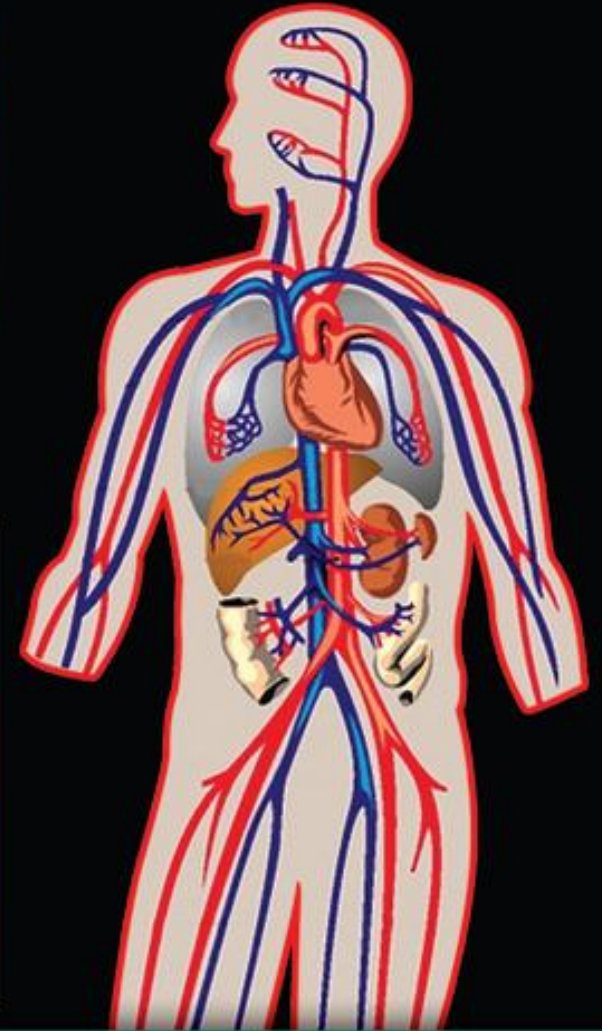
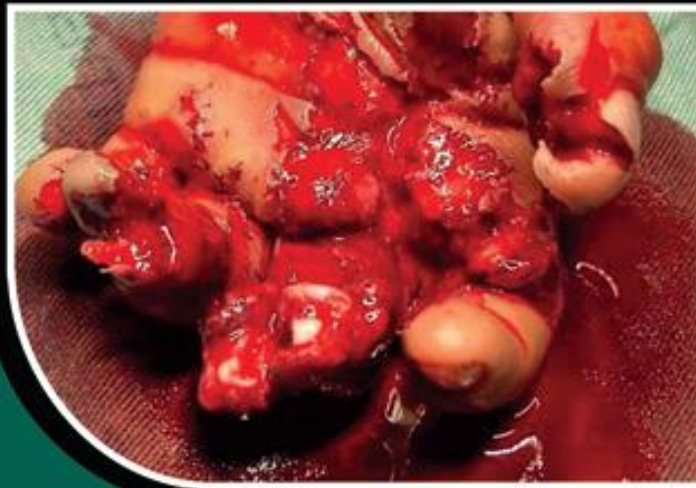
Máu

Blut

Sang

Darah

Blood



Sedo

ခွေး
ခန္ဓာဗိဇ
น้ำเหงื่อ / เหงื่อ

ញើស
पसीना
पसिना
স্বেদ

땀
汗 (あせ)

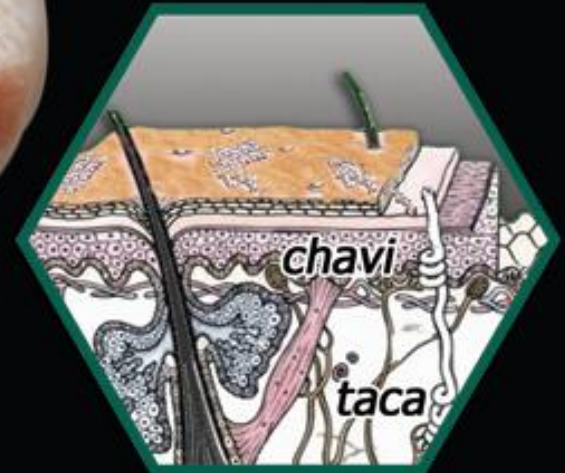
Mồ hôi

Schweiß

Sueur

Keringat

Sweat



The meditator who discerns sweat should only give his attention to it as it is to be found filling the pore-openings of the head hairs and body hairs.

Visuddhimagga

Medo

အဆီခဲ
စီဇုထ

น้ำมันจัน / น้ามัน

ခွာဏှာဗ်

चर्बी

बोसो

মেদ/চর্কি

군기름

脂肪 (しぼう)

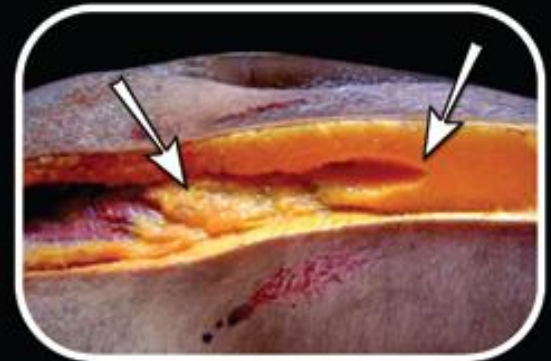
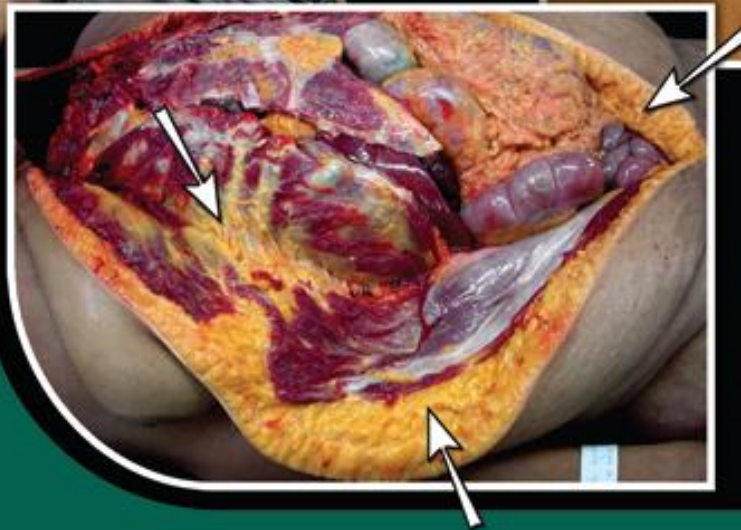
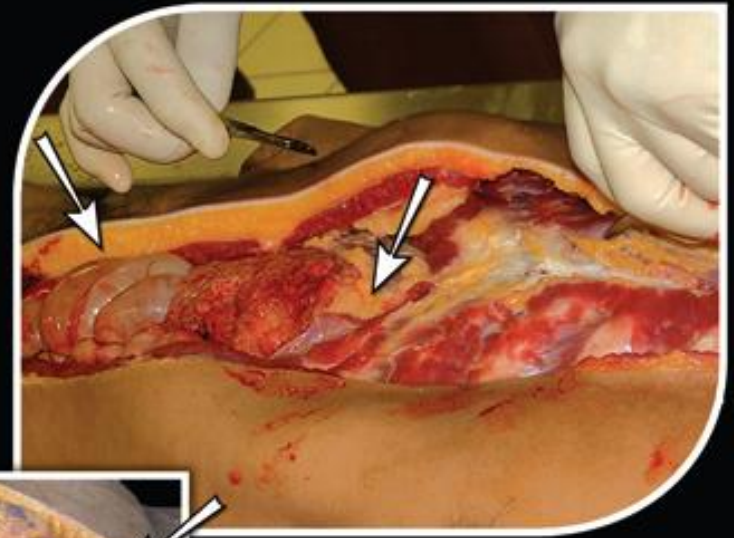
Mö

Fett

Graisse dure

Lemak

Fat



Assu

မုက်ရည်

ဆဠုဗီ

น้ำตา / น้ำตา

စိကကြွေ

आँसु

आँसु

अश्रु

눈물

泪/涙 (なみだ)

Nước mắt

Tränen

Larmes

Air Mata

Tears



Vasā

ဆီကြည်

ဝါဏ, ဝါရုဏ္ဏ ဘေဇီ

น้ำมันเหลา/ไขมัน

ខ្លាញ់ ករ

शरीर का तेल

सफातेल

তেল

기름기

油 (あぶら)

Dầu da

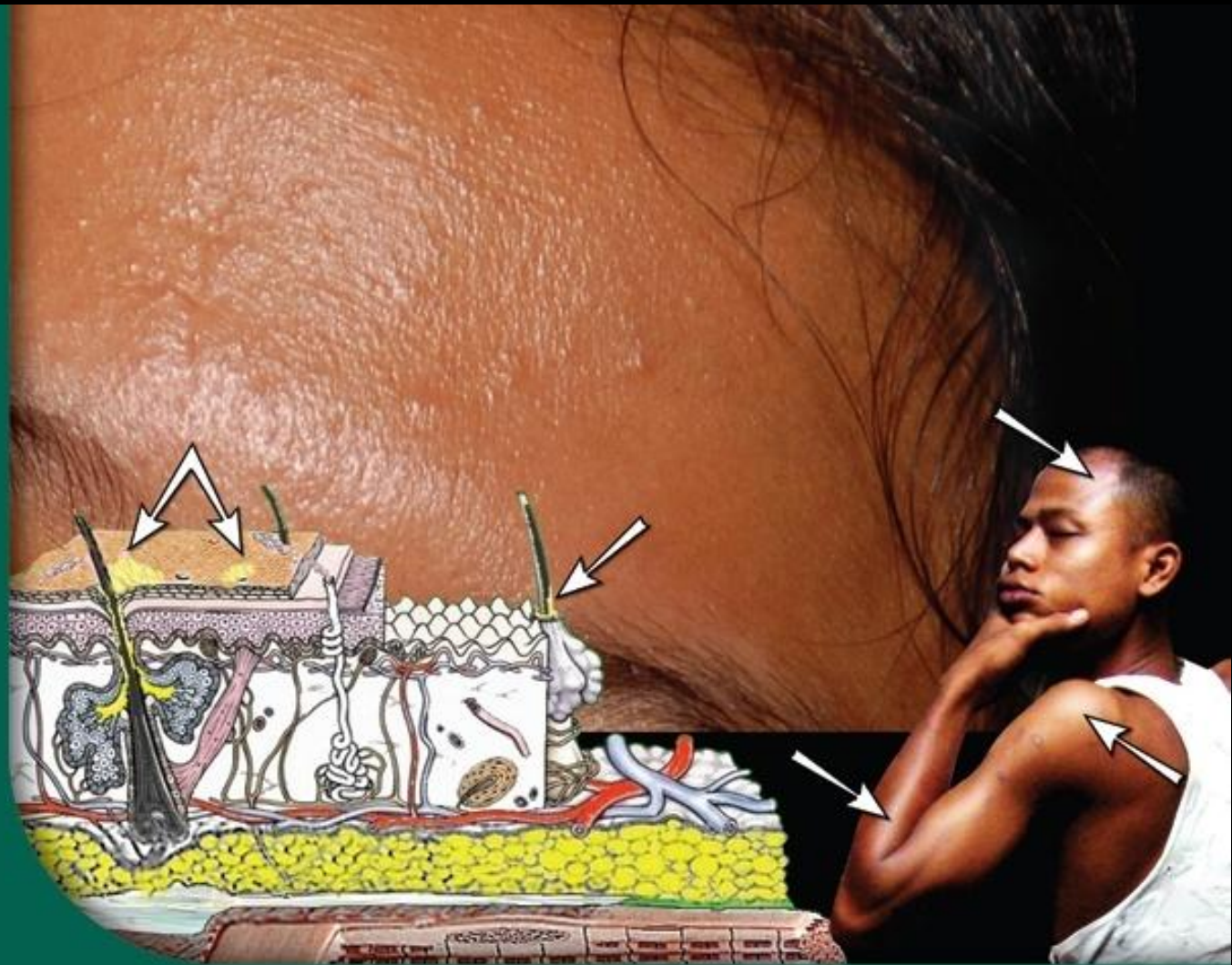
Hautschmiere

Graisse liquide

Minyak

Grease

28/32



Vasā is to be found mostly on the palms of the hands, backs of the hands, soles of the feet, backs of the feet, tip of the nose, forehead, and points of the shoulders.

Visuddhimagga

Kheḷo

တံတွေး

ဆေး

น้ำลาย / น้ำลาย

စိကဏတံ

थुक/लर

थुक

थूथू

침

唾液 (だえき)

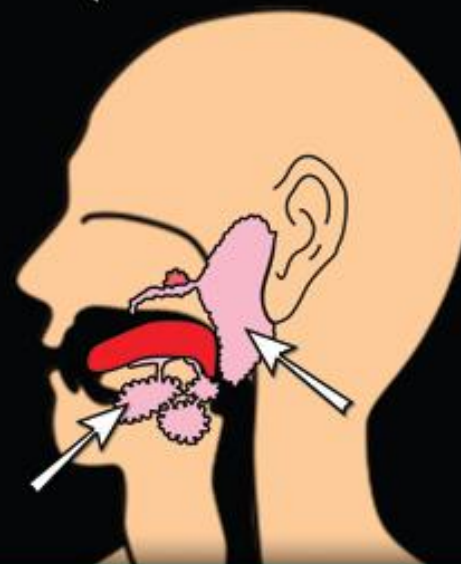
Nước miếng

Speichel

Salive

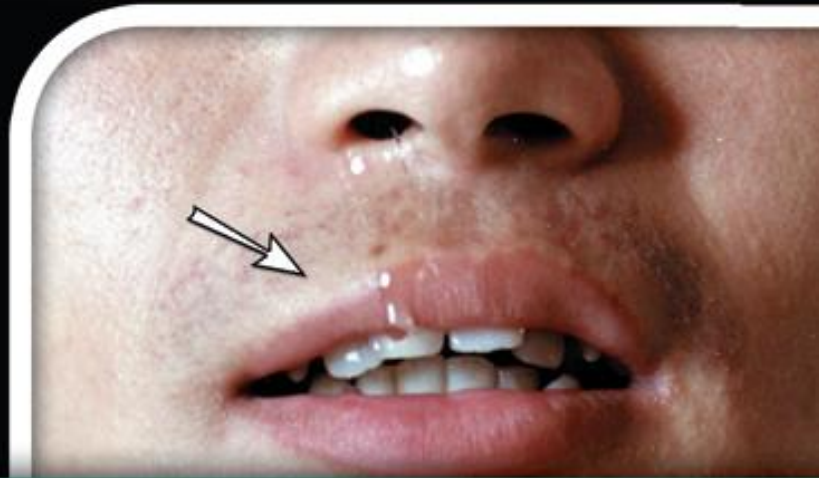
Ludah

Saliva



Singhāṇikā

နပ်
ဆော့
น้ำมูก / ຂີ້ມຸກ
စိကလျော
सिंघान
सिंघान
सिक्नि
콧물
涕/鼻汁 (はなじる)
Nước mũi
Rotz
Glaire
Ingus
Snot



Lasikā

အဝေး

සලඹිදුලු

น้ำไขข้อ / ไขข้อ
နီကံမိလ

जोड़ों को तर रखने वाला पदार्थ
हड्डी जॉनी मा हुने तरल पदार्थ

ਲਸਿਕਾ

관절액

关节液/關節液

(かんせつえき)

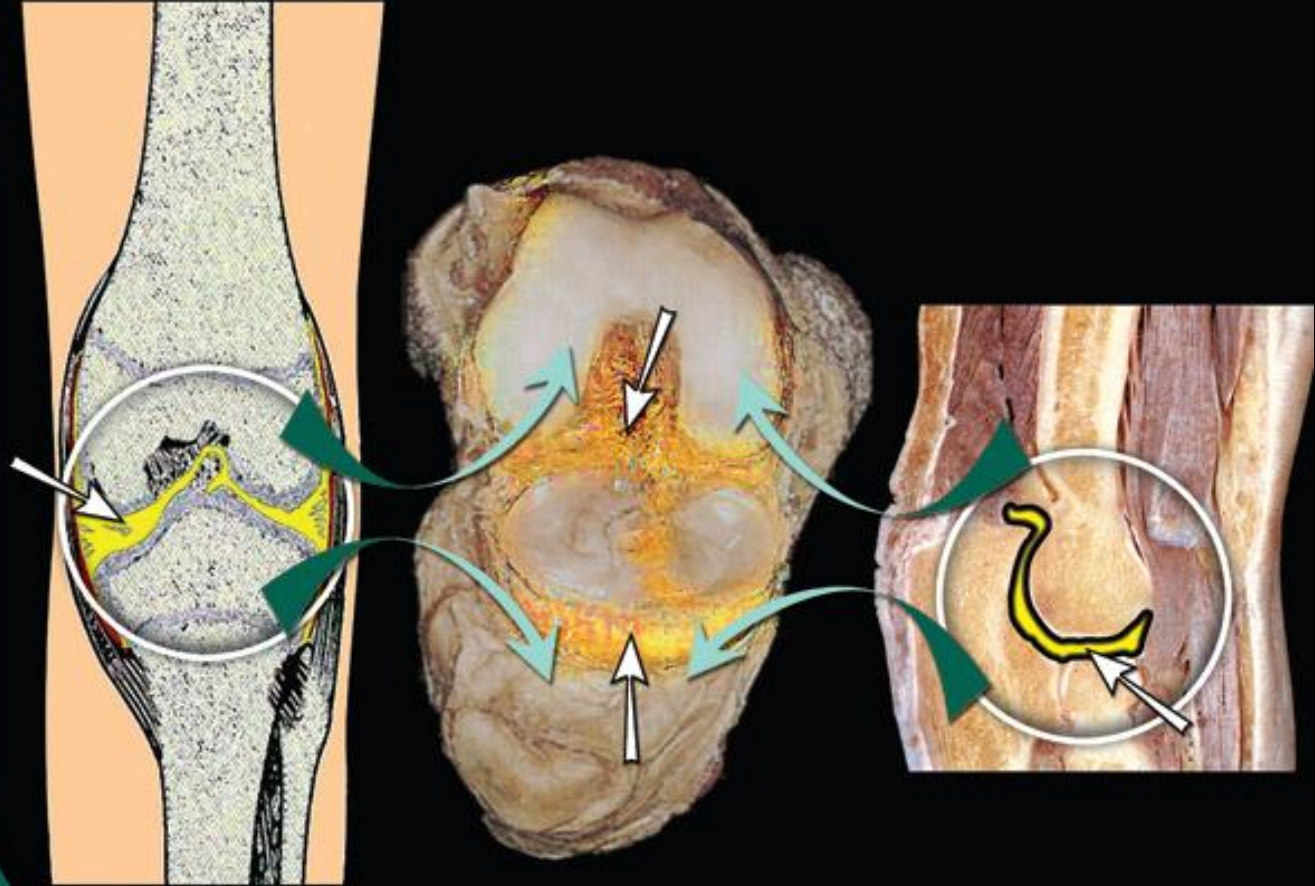
Nước khớp xương

Gelenkschmiere

Synovie

Pelumas

31/32 Synovia



Lasikā is the slimy ordure (*picchilakuṇapaṃ*) inside the joints in the body, serving the function of lubricating the bones' joints.

[Visuddhimagga](#)

Muttam

ကျင့်ငယ်

ဓူဝ

น้ำมูตร / น้ำขุ่น

စိကမုတ

मूत्र/पेशाब

पिसाब/मुत

મૂત્ર

오줌

尿/小便 (しょうべん)

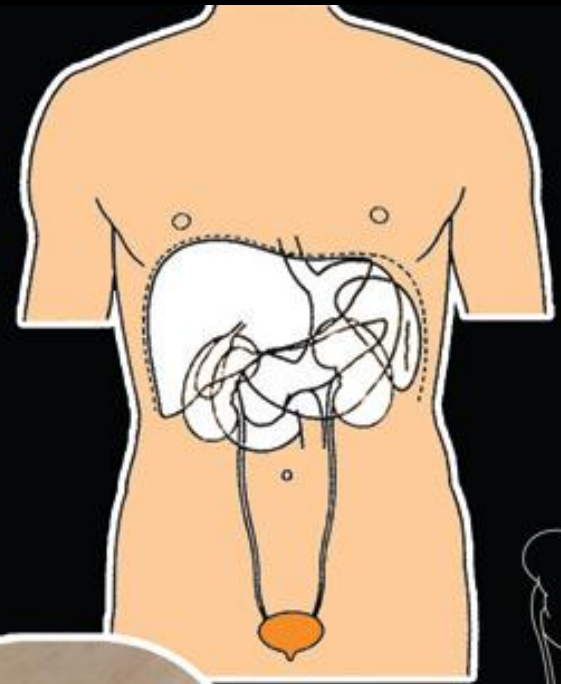
Nước tiểu

Harn

Urine

Air Seni

Urine



*So let a man, if he is wise,
untiring devote his days
to mindfulness of body which
rewards him in many ways.*

Visuddhimagga - VIII, 144

A Gift of Dhamma

Not For Sale